

Daily eating plan 1

Sample daily eating plan for a moderately active women aged between 19 to 50 years' old

	Variety	Processed	Grain	Veg	Fruit	Dairy	Meat	KJ	Cal
Breakfast								1747	416
1/3 cup oats	1		1					421	100
Milk ½ cup	1					.5		284	67
1 slice of toast multigrain	1	.5	1					415	99
Peanut Butter 1 tb	1	.5					.5	627	150
Snack								764	182
Banana 1	1				1			377	90
Rice Cake 4	1	.5	1					387	92
Lunch								2630	627.5
Bread Multigrain 2 slices		1	2					822	196
Tomato ½ medium size	1			.5				6	1.5
Baby Spinach ½ cup	1			.5				21	5
Cheese 20g	1	1				1		322	76
Capsicum ¼ cup	1			.5				18	4.5
Cucumber ¼ cup	1			.5				14	3.5
Small Tuna 95g	1	1					1	548	131
200g Yoghurt (natural)	1	.5				1		879	210
Snack								917	219
Apple	1				1			405	97
Vita wheat Biscuit 3	1	.5	1					512	122
Dinner								1178	280
Roast Chicken	1						1	829	198
Potato ¼ Cup	1			.5				97	23
Pumpkin ¼ Cup	1			.5				79	18
Broccoli ½ Cup	1			1				111	26
Green Beans ½ Cup	1			1				62	15
Total	19	5.5	6	5	2	2.5	2.5	7236	1724.5
Target	> 18	< 7	6	5	2	2.5	2.5		

	Macro %	Fat % breakdown	Grams	Carb % breakdown
Protein	21.54%		91.7g	
Total Fat	31.08%	100%	59.2g	
Polyunsaturated Fat		19.7% of total Fat	10.4g	
Monounsaturated Fat		45.5% of total Fat	24.1g	
Saturated Fat		34.8% of total Fat	18.4g	
Total Carbohydrates	43.98%		187.2g	100%
Sugars			80.5g	43% of total Carbs